



Photo by Amanda Stephenson

First Sgt. Bobby Golden tells Soldiers from the 32nd Medical Brigade about his injuries during the Disability Act Awareness program at the Hacienda Recreation Center Oct. 21.

Wounded warriors talk to Soldier medics

By Ben Paniagua
Family & MWR

Approximately 150 Soldiers from the 32nd Medical Brigade listened intently as four wounded warriors from the Brooke Army Medical Center Warrior Transition Battalion spoke to them about their disabilities and how they were wounded in Iraq and Afghanistan.

The session was part of the Disability Act Awareness program at the Hacienda

See DISABILITY P13

BAMC opens new primary care clinic

By Maria Gallegos
BAMC Public Affairs

Brooke Army Medical Center opened its newest addition, the Fort Sam Houston Primary Care Clinic, during a ribbon cutting ceremony Oct. 21.

The 2005 Base Realignment and Closure program transfers all inpatient and related specialty care from Wilford Hall Medical Center and the new clinic was needed to relieve and absorb the existing outpatient care from the post's existing medical facilities.

The clinic is located at 3100 Schofield Road, Building 1179, on the corner of Garden Avenue and Schofield Road across the street from the Fort Sam Houston fire station. Hours of operation are Monday through Friday from 7 a.m. to 4:30 p.m.

"I am truly honored, proud and excited to introduce you to BAMC's

newest addition," said Brig. Gen. Joseph Carvalho Jr., BAMC and Southern Regional Medical Center commander.

The state-of-the-art clinic provides outpatient services in family medicine, adolescent medicine, behavioral health, occupational therapy and physical therapy, as well as offering laboratory, radiology and pharmacy services.

Also offered are medical services for active duty military personnel, their Families and military retirees, as well as additional people coming to Fort Sam Houston as part of other BRAC actions.

The 132,000-square-foot clinic will house approximately 300 health care professionals and staff members who relocated from BAMC and the TRICARE service center to offer assistance and information on the military beneficiary care program to patients.



Photo by Maria Gallegos

Brig. Gen. Joseph Carvalho Jr., commander, Brooke Army Medical Center and Southern Regional Medical Command and Command Sgt. Maj. Donna Simmons, BAMC and SRMC command sergeant major, cut the ribbon to open the Fort Sam Houston Primary Care Clinic Oct. 15. The new 132,000-square-foot clinic will provide outpatient services in family medicine, adolescent medicine, behavioral health, occupational therapy and physical therapy, as well as laboratory, radiology and pharmacy services to active duty military personnel and their Families and military retirees.

Walters Street to get \$4.1 million upgrade, widen to six lanes

Walters Street from I-35 North to the Fort Sam Houston main gate is getting a facelift, thanks to a \$4,185,031.75 construction contract awarded to Yantis Company by the San Antonio City Council, which

approved an ordinance Aug. 5 for the project.

The project will widen Walters Street from four lanes to a six-lane street with a raised median, including curbs, sidewalks, driveway approaches, bike

lanes, turn lanes at major intersections, and necessary drainage improvements.

Preliminary steps for the construction project



See WALTERS P7

Contractors are out along Walters Street clearing vegetation from the ditch banks, a preliminary step before the ditch starts getting filled in.

Courtesy photo



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Energy conservation is everyone's business

By Brig. Gen. Leonard Patrick
Commander, 502nd ABW

We've all heard it before and all the slogans: "conserve water, turn the faucet off while you're brushing your teeth" ... "save electricity, turn off the lights when you leave the room" ... "save fuel, slow down and plan a little extra time to drive to where you need to go."

The simple truth is for most of our lives we've been bombarded with the need to save energy, and while we have a number of folks who practice good habits, our consumption continues to go unchecked.

I've been in the energy conservation business most of my life. I grew up in Southern California and have lived through rolling brownouts, water shortages, and fuel rationing. However, in the end, the burden to conserve was placed on a small population that was squeezed hard, while energy hogs went unchecked.

To combat this, our Presidents have signed a number of Executive Orders and Congress has passed several laws to ensure we will have the natural resources we need for generations to come, and to also ensure our national security.

An Executive Order signed in 2007 requires that by 2015, federal agencies reduce energy use by 30 percent. That same Executive Order required federal agencies to reduce water consumption by 2 percent a year through 2015.

An Executive Order



Brig. Gen. Leonard Patrick

signed in 2009 increased the water reduction goals for federal facilities to 2 percent annually through the year 2020. It is a total reduction goal of 26 percent from the 2007 baseline.

Reducing water consumption is particularly critical during periods of drought.

The 502nd Air Base Wing Drought Management Plan not only outlines "ops normal" conservation measures, but details additional actions to take in cooperation with drought stage level standards set by the San Antonio Water System.

You'll find the Drought Management Plan on the 502nd ABW website at <http://www.502abw.af.mil>.

Joint Base San Antonio is the largest energy user and customer for CPS Energy, San Antonio's city-owned utility. We've partnered with CPS Energy on several initiatives. For example, at Lackland Air Force Base, a major lighting retrofit in more than 130 buildings resulted in an energy

reduction of 2 megawatts.

Did that effort pay off? You bet it did! I was extremely proud last year to receive the largest rebate ever awarded by CPS Energy. The rebate check for nearly \$950,000 was a credit on

the following month's CPS Energy bill.

I was equally pleased when two months ago Lackland AFB was named a recipient of the San Antonio Business

See ENERGY P3

Weekly Weather Watch

	Oct. 28	Oct. 29	Oct. 30	Oct. 31	Nov. 1	Nov. 2
San Antonio	79° Clear	76° Clear	76° Clear	83° Clear	81° Clear	79° Clear
Kabul Afghanistan	64° Scattered Clouds	57° Chance of Rain	59° Clear	66° Clear	69° Clear	69° Clear
Baghdad Iraq	89° Scattered Clouds	93° Partly Cloudy	84° Overcast	87° Scattered Clouds	86° Chance of Rain	84° Clear

(Source: Weather Underground at www.wunderground.com)

ENERGY from P2

Journal's 2010 Going Green award based on measurable results in green efforts. Randolph AFB also benefitted from a chiller replacement which resulted in a rebate check for \$67,500.

Fort Sam Houston has four separate solar arrays on post as part of the renewable energy program. Two of these systems produce electric current for use within facilities and the remaining two provide energy savings through solar heating.

But I believe the Joint Base San Antonio military community can do more to meet our obligations to the American people and be good stewards of our natural resources.

As your Joint Base San Antonio Commander, I'm putting a full-court press on a campaign plan to help guide an enterprise approach to energy conservation.

Here are the principles of our campaign:

Find out where our energy hogs are. We are in the process of metering buildings, water

lines, and gas lines to determine where we are leaking energy. As a side effect, meters are a great first line of defense for waterline breaks that are below ground and "out of sight and out of mind."

Control what we have. I intend to modernize our Energy Control and Monitoring Systems throughout JBSA, and add additional data points. Today, of our 5,254 facilities throughout JBSA, only 310 can be remotely controlled, but we're working on others. That means we can use technology to balance peak demands, or turn off utilities after hours if the building occupants forget to do so. We need to use technology to help us conserve.

Out with the old ... get rid of the energy wasters. We have many old, poorly insulated facilities with old building systems. We need to either modernize them, or if they are excess, demolish them and consolidate. However, we must take into consideration our many historic facilities, and as part of our charge to preserve our heritage, we'll look to modernize many

with consultation with the State Historic Preservation Officer in the years to come.

In with the new. Build new facilities to Leadership in Energy and Environmental Design (LEED) Silver Standards, and when we modernize existing facilities, renovate them to these same standards. The LEED Green Building Rating System rates a facility based on existing proven technology. It evaluates environmental performance from a whole building perspective over a building's life cycle, taking into consideration water and energy efficiency, materials and resources, and indoor air quality.

Use other people's ideas, talent, and treasure. We need to partner with our utility providers, industry, research scientists, and the educational system to bring quick payback and affordable green energy onto our installations. Also, we need to develop, program and compete for resources the Office, Secretary of Defense sets aside each year for projects and programs with the highest economic return on investment, so

we can realize real savings soonest.

Create a culture of conservation. The human element is the most important factor in all of this...if we depend on the few professionals in the facility maintenance business to meet our energy goals, we will fail. We need to create a culture that will prevail, and among others – here we go again – turn the water off when they brush their teeth, turn off lights when they leave a room, and drive the speed limit.

Without all of us rowing in the same direction, for a specific purpose, we'll have nothing but a paper campaign to stamp out wasteful energy practices.

Our approach will take time and involvement by all, but in the end, I believe we can not only meet the strategic objectives our President has set for us, but we will ensure the natural resources we need will be available for generations to come. And, we will make a concerted effort to modernize our built environment where we live, work, train, educate, and recreate.

News Briefs**Construction of Stanley Road**

Construction of Stanley Road, between North New Braunfels and in front of Building 134, will be extended through Dec. 13. Access to the front of the buildings along Stanley Road to include the automatic lifts at Building's 142, 143 and 144 will not be accessible during construction. Handicap parking will be moved to the parking lot closest to Building 154. Handicap accessibility from this parking lot will only be to ground level (rear) of the affected buildings B134, B142, B143, B144, B145 and B146. People needing ADA accessibility should coordinate with the building managers.

National Disability Employment Awareness

In honor of National Disability Employment Awareness Month, Joint Base San Antonio EO/EEO will host an event Oct. 28 11:30 a.m.-1 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. The guest speaker is Gordon Hartman, owner of Morgan's Wonderland. This year's theme is "Talent Has No Boundaries: Workforce Diversity Includes Workers with Disabilities." Call 221-9543.

Tell-A-Friend Breast Health Awareness Luncheon

The 11th Annual Tell-A-Friend Breast Health Awareness Luncheon hosted by the American Cancer Society is Oct. 29, 11:30 a.m.-1:30 p.m. at the San Antonio Country Club, 4100 N. New Braunfels Ave. Guest speaker is Dr. Amy Lang from South Texas Hematology/Oncology. Tickets are \$15 each and can be purchased at the American Cancer Society Office, 8115 Datapoint Dr., between 8:30 a.m.-4 p.m. Call 240-9445.

Combat Medic Run

The 30th Annual Combat Medic Run is Oct. 30 on MacArthur Parade Field. This run is open to all DoD I.D. cardholders and the general public. Race categories include a 5K, 28-Soldier Formation, 5K individual run, 10K individual run, 10K 5-person guidon team and a 2-mile fun run/walk. Entry fees are: competitive/\$20, non-competitive/\$10, no

470th MIB intel team trains with mobile surveillance technology

By Sgt. Andrew Sellars
401st Military Intelligence Company

The 470th Military Intelligence Brigade's General Support Intelligence Team recently underwent intensive training with the Digital Receiver Technology surveillance system, a powerful data collection tool capable of processing a variety of analog and digital wireless standards.

The team to put in 10- to 12-hour days over a three-week period and training covered everything from set-up to full operation of the DRT in a number of different radio frequency environments.

At the end of each stage of training, trainees completed written and application tests so they could be deemed proficient

by Operations Support Technologies, Inc., based in Melbourne, Fla., and Washington, D.C. The company specializes in training government entities involved in the war on terror.

"This training has been a challenge, something outside of our everyday jobs," said GSIT member Spc. Nicholas Hicks. "I've enjoyed every minute of it and can't wait to put this training to use."

The DRT became a primary tool of the GSIT because of its reputation, all-encompassing communications surveillance capabilities and compact size, which allows the GSIT to be fully mobile – not just a stationary asset – and will lead to a



Photo by Gregory Rippes

Spc. Nicholas Hicks (left), 401st Military Intelligence Company, and Sgt. Rafael Del Toro, 470th MI Brigade Headquarters and Headquarters Detachment, connect the highly mobile Digital Receiver Technology surveillance system to a convenient power source. The receiver can sit on the top of a vehicle.

See 470TH P13

See NEWS P4

NEWS from P3

race-day registration, fees are non-refundable. To register, download the brochure at <http://www.fortsamhoustonmwr.com>, register at <http://www.active.com> or pick up a brochure at the Jimmy Brought Fitness Center. Registration deadline is Oct. 29. Call 221-1234 or 385-8248.

Open Season Health Benefits Fairs

The Civilian Personnel Advisory Center will conduct open season health benefits fairs Nov. 4, 8 a.m.-1 p.m. at Army Community Service, Building 2797, Stanley Road and Nov. 5, 8 a.m.-1 p.m. at Brooke Army Medical Center medical mall. Call 221-2934 or 221-2526 for further details.

Retiree Appreciation Day

The Fort Sam Houston Retiree Council and Fort Sam Houston Transition Services will sponsor Retiree Appreciation Day, Nov. 6, 8 a.m.-noon at Willis Hall, Building 2841 on Stanley Road. Retired military personnel and their spouses are invited to attend. The event includes various health screenings, lectures and services such as vehicle registration, I.D. cards, flu shots, legal services and Defense Biometric Identification System (DBIDS) registration. Call 221-9004.

LMH Town Hall Meetings

Lincoln Military Housing will host a quarterly town hall meetings for housing residents Nov. 8 at the Main Resident Center, Building 407; Nov. 15 at the Harris Heights Community Center; and Nov. 17 at Watkins Terrace Community Center. All meetings will be 6-8 p.m. The theme this quarter is holiday safety and upcoming FSH holiday events. Pizza and drinks will be provided, and Sparky, the fire dog and McGruff, the crime dog, will be on-hand to meet with the children. Call 270-7638.

Active Shooter Exercise Notification

The 502nd Air Base Wing JB 3/5 will perform Giant Voice speaker mass notification announcements Nov. 17 as part of an installation active shooter exercise. During the exercise, there is no cause for alarm or actions on your part and the exercise messages will be preceded and followed by the announcement "Exercise, Exercise, Exercise."

Fear of failure: it's not necessarily a bad thing

By Lori Newman
FSH Public Affairs

Henry Ford once said "Failure is the opportunity to begin again more intelligently."

The fear of failure was a topic addressed during a Leadership Call Oct. 21 at the Army Medical Department Center & School.

Dr. Valerie Rice, a researcher at the U.S. Army Research Laboratory, Human Research and Engineering Directorate, presented some interesting results from a study conducted with 200 Health Care Specialist (68W) students from the 232nd Medical Battalion.

"The AMEDDC&S is the largest medical training facility in the world," Rice said. "One of the things that is going to be an issue is attrition."

When the study was conducted, the failure rate (attrition) for first-time students going through the 68W program was 17 to 20 percent and rose to 50 percent for those attempting the program a second time.

In a focus group held with commanders and instructors, one issue was the student's ability to deal with a fear of failure.

"What happens when there is a fear of failure is an individual finds themselves in a situa-

tion where failure could occur," she explained. "If they have a true fear of failure, they begin to experience state anxiety."

State anxiety is a temporary emotional condition characterized by apprehension, tension, and fear about a particular situation or activity, which interferes with a person's ability to study, take a test or do their job.

In general, people are motivated to either move toward success or avoid failure. Individuals who go toward success are unstoppable, they don't think about fear, Rice explained. People who have a fear of failure stop and think about all of the possible negative consequences, focusing on what could possibly go wrong.

The adverse consequences of fear of failure are shame and embarrassment; devaluing one's own self-esteem; having an uncertain future; and people who are important to you begin to lose interest.

"The literature says fear of failure is a trait that develops during early childhood," Rice said. "The problem with that definition is if it's a trait, not a state, that means it's enduring, it's long-term."

"If fear of failure is prevalent among your students and you cannot change that trait during training at Fort Sam Houston, all you can do is



Photo by Lori Newman

Dr. Valerie Rice, a researcher at the U.S. Army Research Laboratory, Human Research and Engineering Directorate, addresses a group of commanders and instructors about fear of failure during Leadership Call Oct. 21 at the Army Medical Department Center & School.

change the way you reach them and teach them," she said.

To deal with this, people come up with coping techniques to protect themselves from the consequences of failure. They may arrange circumstances to have a convenient excuse for failure that does not imply lack of ability on their own part.

Rice explained that the "Need Achievement Theory" has been looked at as more than just going toward success and avoiding failure. It grouped the traits together, so if someone has a high fear of failure and a high orientation

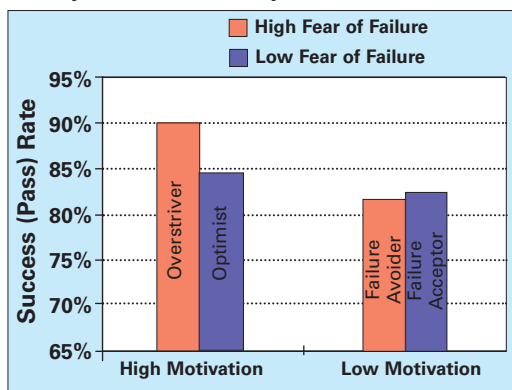
for success, they are an "over-striver." If an person has a low fear of failure and focused on achieving success, they are an "optimist."

There are also "failure avoiders," those who are low at approaching success but high in fear of failure and there are "failure accepters," people who accept the fact that they are going to fail and are low in both approaching success and avoiding failure.

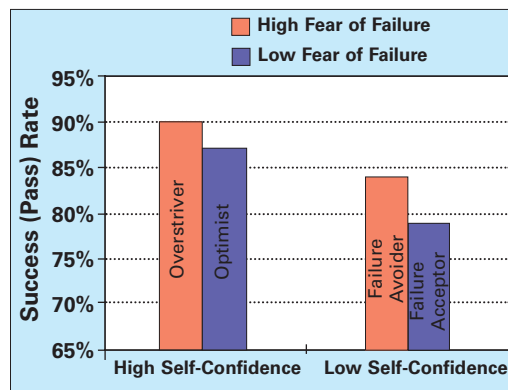
A questionnaire was given to the 200 students, which included general demographics such as age, gender, marital status and ethnicity. The study included a performance failure appraisal inventory test and questions about motivation and self-confidence. Most of the participants were male Caucasians between the ages of 17 and 18, according to Rice.

The students were asked to complete the questionnaire during the first two weeks of the course. Upon completion, the Department of Combat Medic Training provided ARL statistics on grade point average, pass/fail status, Army Physical Fitness Test scores

FoF, Motivation, & Academics



FoF, Confidence, & Academics



Holiday mailing deadlines approaching fast

By Master Sgt. Christina Steiner
Army News Service

Packages to troops and civilians stationed outside the continental United States need to be mailed soon in order to make it there by the holidays, according to Peter Graeve, deputy director of the Military Postal Service Agency in Alexandria, Va.

For example, Hanukkah begins Dec. 1 this year, so gifts should be in the mail already.

Christmas mailing deadlines include:

Packages going to Iraq, Afghanistan and other places around the world through the U.S. Postal Service should be mailed by Nov. 12.

Space Available Mail
Packages sent by Space Available Mail, or SAM, should be sent by Nov. 20 to contingency locations, such as Army and Air Force Post Offices known as APOs, Fleet Post Offices or FPOs, Diplomatic Post Offices known as DPOs that serve embassies or consulates, and certain country codes with ZIP codes beginning with 093XX.

The SAM deadline for all other overseas military locations is Nov. 26.

Priority mail
The priority mail deadline is Dec. 4 to contingency locations. The deadline for all other locations is Dec. 10.

Express mail
Although express mail military services aren't

available to contingency locations, express mail military services are available to other locations if mailed by Dec. 18.

Always check with the local post office to determine if this service is available for a particular APO/FPO/DPO address, officials warn.

"Usually the mail deadlines run about the same every year, especially to Southwest Asia," Graeve said. "Only so many flights go there, and there's only so much air capacity to make sure [packages] get there as soon as possible. The two gateway airports from the states are JFK (Queens, N.Y.) and San Francisco, which services most of the Pacific theater."

Restrictions

"The only real difference from year to year is that the dates may vary by a day or two based on the calendar," Graeve said.

"The list of restricted items going to Southwest Asia hasn't changed, but in Europe they've started cracking down at the Customs offices. Every country has different restrictions, but the basic guideline of (a parcel) not weighing more than 70 pounds and the girth not being more than 130 inches in most cases still apply."

Graeve encouraged anyone interested in mailing gifts overseas to always check their local post office for that country's restrictions.

Deadlines and restrictions depend upon world

locations and vary from each other, said Faye Slater, MPSA's other deputy director.

For a complete list of deadlines and banned items from the U.S. mail system, visit the U.S. Postal Service website at <http://www.usps.com>.

For a list of restricted items that cannot be mailed to APO/FPOs/DPOs and certain country codes, see the FAQ link at <http://hq.dainet.army.mil/mpsa/faq.web.pdf>.

Free packing materials

The U.S. Postal Service is also offering a package of free packing materials, including 10 boxes, 10 customs forms with envelopes, 10 "Mili-Pac" shipping envelopes, which are specially printed to reflect the complexities of military mailing addresses, and a roll of

Priority Mail tape.

Postal Service spokeswoman Sue Brennan said anyone can request free shipping materials by calling (800) 610-8734. She added that the USPS was getting deluged with requests from military families — about 1,000 calls a day since late September.

In response, it came up with a special kit of the most-popular items ordered to send care packages to the troops, she said.

To order the special kit, call (800) 610-8734 and request Care Kit 4. Brennan said the Postal Service will ship it by Priority Mail, with delivery within a couple of days.

Although the packing materials are free, shippers must still pay normal postage costs.

3 X 4.75

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Gates memo changes discharge authority for 'Don't Ask, Don't Tell' law

By Jim Garamone
American Forces Press Service

Given the uncertainty over the so-called "Don't Ask, Don't Tell" law, Defense Secretary Robert M. Gates has directed that any discharges under the law be made by the service secretaries in consultation with the undersecretary of defense for personnel and readiness and the defense general counsel.

More uncertainty over the law looms, as the 9th Circuit Court of Appeals approved a stay of an injunction issued Oct. 12 on the law. The court's action means "Don't Ask, Don't Tell" is once again the law of the land after eight days of the injunction.

The court granted a stay of four days, said a

senior defense official speaking on background. The temporary stay lasted through Oct. 25 to give the judges the time to look at the government's request.

The court may extend the stay through the length of the appeals process or allow the injunction – which would allow openly gay and lesbian service members to serve or openly gay and lesbian people to enlist – to take effect.

The appeals process typically last 16 months in the 9th Circuit Court of Appeals, said the defense official. The court "briefing" schedule has the case on the books through March.

"With a case of this magnitude, it may be sooner," the official said. "Likely [there] could be a

decision sometime in 2011, but I can't predict or control the court's timetable."

The legal uncertainty caused Clifford L. Stanley, the undersecretary of defense for personnel and readiness, to once again caution gay and lesbian service members to not alter their personal conduct during this time.

In a memo issued Oct. 21, Stanley wrote that changing their status because of the injunction "may have adverse consequences for themselves or others depending upon the state of the law."

"I also emphasize again, that it remains the policy of the Department of Defense not to ask service members or applicants about their sexual orientation, to treat all members with dignity and respect,

It remains the policy of the Department of Defense not to ask service members or applicants about their sexual orientation, to treat all members with dignity and respect.

– Clifford L. Stanley,
the undersecretary of defense
for personnel and readiness

and to ensure maintenance of good order and discipline," he added.

In the meantime, Gates' guidance places the decision for discharges under the law in fewer and more senior hands.

"From this point forward and until further notice, [service secretaries] are the ones who

will be the separation authorities for their services," the senior official said. "This is not delegable."

The senior defense official said there is no guidance on recruiting in the secretary's memorandum to the service secretaries.

President Barack Obama and defense leaders want Congress to repeal "Don't Ask, Don't Tell." Changing the law overnight by court action makes for uncertainty within the force, the official said.

"Repeal of this statute that has been in place for more than 17 years should be done in an orderly way, informed by the recommendations ... (and) assessment of the DOD Working Group," the official said.

WALTERS from P1

have already started and it is estimated for completion by June 2012.

This project is funded through the City's 2007-2012 Bond Program, Local Agency Managed (LAM) funds and the Metropolitan Planning Organization. Funding partners include the Texas Department of Transportation, San Antonio Water System, and CPS Energy.

CPS Energy will replace gas piping for a section of the project. SAWS will upgrade sewer and water lines for a section. CH2M Hill Inc. is the design consultant. David McBeth, P.E., is the project manager from the Capital Improvements Management Services Department.

SOUTHCOM partner nation liaison officers visit ARSOUTH

By Alex Delgado

U.S. Army South Public Affairs Office

A delegation of foreign liaison officers assigned to the U.S. Southern Command visited U.S. Army South for a series of briefings and tour of the command Oct. 5.

The group included Brazilian Marine Cmdr. Elson L. Gois, Canadian Army Lt. Col. James D. Waddell, Chilean Navy Cmdr. Lous F. Bravo, Colombian Army Col. Oscar O. Lopez, Peruvian Army Col. Juan C. Liend, and Uruguayan Navy Capt. Hugo DeBarros.

ARSOUTH staff provided a briefing which included the command history, a broad

overview of ongoing operations and capabilities of the command. Col. Erich Rose, deputy director, U.S. Army South Operations, addressed the group during the briefing and encouraged more participation of partner nations in future joint exercises.

"We can only reach success though cooperation and partnership between our countries," Rose said. "When we reach out together and make a positive change in someone's life, it will reflect positively on every country involved."

Foreign liaison officers assigned to ARSOUTH also provided their own briefings to the group.

"I would like to

express our appreciation to U.S. Army South for providing a forum where we can all communicate our mission with not only ARSOUTH, but with our neighbors," said Brazilian Lt. Col. Valerion Lange, Brazilian foreign liaison officer to ARSOUTH.

The Army Foreign Liaison Officer Program was established to facilitate cooperation and mutual understanding between U.S. Army and armies of allied and friendly nations.

An FLO is a foreign government military member or civilian employee who is authorized by his or her government, and is certified by a Department of the Army component in connection with programs,



Photo by Alex Delgado

Col. Mark Costello, U.S. Army South, speaks with Brazilian Marine Cmdr. Elson L. Gois, U.S. Air Force Maj. Pedro Matos, and Peruvian Army Col. Juan C. Liendo during their visit to ARSOUTH Oct. 5. They were part of a delegation of foreign liaison officers assigned to U.S. Southern Command who visited for a series of briefings and tour of the command.

projects, or agreements of interest to the governments.

ARSOUTH currently has three FLOs assigned to the command, includ-

ing Lange, Chilean Col. Luis Chamorro and Colombian Col. German Lopez Guerrero. Each representative offered their continued dedica-

tion to regional security and partnership through communication and friendship with their neighbors and Army South.

BAMC CLINICAL PASTORAL EDUCATION CENTER EXPANDS

Brig. Gen. Joseph Carvalho Jr., commander of Brooke Army Medical Center and Southern Regional Medical Command and Chaplain (Col.) Timothy Eggleston, chief, BAMC Department of Ministry and Pastoral Care, cut the ribbon to celebrate the official opening of the newly expanded BAMC Clinical Pastoral Education Cent. 19. The BAMC CPE mission is to train and educate CPE residents to develop advanced skills in pastoral care to the patients, Families, and staff of BAMC. The CPE has been offered at BAMC for more than 25 years and the graduates of the program relocate to serve in various medical facilities, combat support hospitals and detention facilities in the United States and throughout the world.

Photo by Maria Gallegos



LEADERSHIP from P4

and the number of days each student were on limited duty status due to musculoskeletal injuries.

The results showed there was no difference in the pass/fail rate, APFT, musculoskeletal injuries or motivation and self-confidence.

However, there was a difference in GPAs, and as the students' fear of failure increased, their grade increased.

"That's the exact opposite of everything we found in the literature," Rice said. In looking at the four categories, she said "The optimists were the ones we should have found the most successful, but that's not what we found."

There were more overstrivers than in any other category and they performed better aca-

"If fear of failure is prevalent among your students and you cannot change that trait during training at Fort Sam Houston, all you can do is change the way you reach them and teach them."

— *Dr. Valerie Rice,*
a researcher at the U.S. Army Research Laboratory,
Human Research and Engineering Directorate

demically. When considering motivation as the indicator of approaching success, 90 percent of the overstrivers passed versus 84 percent of the optimists. There was only a slight difference between the optimists and the failure accepters, who had pass rates of about 82 percent.

When looking at self-confidence as the indicator of approaching success, the overstrivers pass rate was about 90 percent, while optimists were at 87 percent, fail-

ure avoiders at 84 percent, and failure accepters at 78 percent.

To better understand the study results, ARL did another study to look at "organization commitment" that compared Soldiers to the general population.

"The perceived adverse consequences of failing in the 68W program are worse and different than the perceptions of adverse consequences in other situations among the general population," Rice said.

"To design a successful [program of instruction] you have to understand who the students are, what motivates them and how to reach and teach them."

Three of the four groupings mentioned are primarily motivated by fear of failure, rather than approaching success. "With fear of failure you have to find ways to motivate [students] that does not destroy their own sense of self."

The bottom line is that the optimists will most

likely do well no matter what, but the other three groups are not motivated by pep talks or telling them everything that might go wrong.

Teaching the students how to use defensive pessimism is one way to help them, Rice said.

"Teach them how to identify what could go wrong, how to come up with a plan to deal with the potential negative outcomes, and how to activate the plan."

Failure accepters and failure avoiders lack self-confidence. They are not motivated by success or achievement. They are motivated by avoiding global failure as a person, while appearing confident and trying to impress others.

"Somehow you have to get to them on their level, because you are

not going to make them into a new person while they are here," she said. "You can help them to understand the difference between failure on a given task and failure as a person.

"Teach them how to use defensive pessimism," Rice added. "Don't compare them with other people, compare them with themselves."

Rice suggested giving students direct feedback on what they do and don't do well, while being specific and helping them with deadline management.

"Don't give global compliments, likes 'you did well on that blood draw.' Instead, say something like 'you held the skin taut and kept the bevel up.' Help them understand that failure is not a bad thing."

3 X 4.75

3 X 4.75

6 X 4.75

FSH RUNNER TAKES NINTH AT ARMY TEN-MILER

Pvt. Joseph Chirlee from Fort Sam Houston crosses the finish line of the Army Ten-Miler in ninth place with a time of 49 minutes, 11 seconds. Runners from the U.S. Army World Class Athlete Program took the team trophy from the Brazilian Army at this year's race, held in Arlington, Va., Oct. 24. Chirlee graduated from mental health specialist training Oct. 25 and leaves for Fort Carson, Colo., where he will be a member of the World Class Athlete Program track and field team.

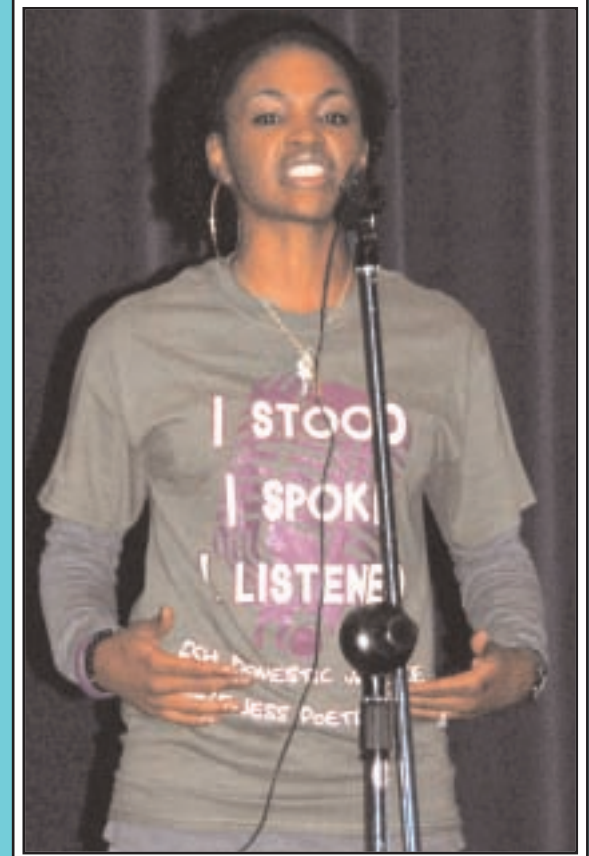
Photo by Tim Hipps



POETRY SLAM FOR DOMESTIC VIOLENCE AWARENESS

Air Force Staff Sgt. Stacy Wylie from Lackland Air Force Base performs an original poem at the Family Advocacy Program Poetry Slam Oct. 23. Judges awarded her first place for originality, content, performance and style. The Poetry Slam was one of several special events held at the Army Community Service during October's Domestic Violence Awareness Prevention Month. An audience of more than 80 people enjoyed the coffee-house ambiance, delicious appetizers and enthusiastic poetry readings.

Photo by Cheryl Harrison



470TH from P3

wider range of collection capability.

OSTi consultants have given beginner, intermediate and advanced DRT training courses to the intel team, including stationary set-up, mobile vehicular and man-portable training.

During the first week of training, conducted at the Intelligence and Security Command Detention Training Facility at Camp Bullis, the operators learned how to properly set-up and configure the DRT.

Week two was a combination of refresher training and learning how to configure the DRT for specific mission functions. The final week consisted a training review and instructions on being mobile with different DRT configurations, including



Photo by Gregory Ripps

A component of the Digital Receiver Technology system can be positioned on the top of a vehicle.

in a vehicle and in a portable configuration.

“The OSTi training was a great way to learn how to best operate the DRT in any environment,” said Spc. Christopher Amaya, another member

of the GSIT. “We are lucky to have not only this equipment to support our efforts, but also this level of expertise in learning how to get the most out of the equipment.”

DISABILITY from P1

Recreation Center Oct. 21

First Sgt. Bobby Golden, Sgt. 1st Class Jerry Ramirez and Staff Sgts. Oscar Guerra and Phillip Blackmon gave detailed descriptions of their deployment tours and especially about the day they were wounded.

The Soldiers in the audience found the stories moving because they are studying to be combat medics and hearing about taking care of wounded service members in wartime situa-

tions helped them realize the importance of their training.

“It was an absolutely amazing program, especially since I am a medic,” said Spc. Tyler Daigle, Company E, 232nd Medical Battalion. “Some of my brothers helped these Soldiers heal.”

In a question and answer session following the program, the future medics asked the wounded warriors about their disabilities and gained advice on what to look for while in a combat zone.

“This is one of the most motivational programs that the Army has to offer,” said Pvt. Anna Valdon from Company G, 232nd Med. Bn. “My dad is a disabled veteran who served in Vietnam.”

A clip from the movie “The Music Within” was shown to the Soldiers prior to talking to the wounded warriors.

The movie told the story of Richard Pimentel, a wounded Vietnam War veteran who was instrumental in getting the Disability Act passed by Congress in 1990.

**Thought of the Week**

Whoever has lived long enough to find out what life is, knows how deep a debt of gratitude we owe to Adam, the first great benefactor of our race. He brought death into the world.

— Mark Twain on *Death and Dying*

BAMC

Bringing the cutting edge of Army medical care and services to San Antonio

By Maria Gallegos
BAMC Public Affairs

Brooke Army Medical Center serves as a world-class medical center and is one of the Army's largest medical facilities, offering the highest quality of medical care for wounded warriors, service members, family members, civilians and veterans.

The medical center consists of graduate-level medical education and training, the only Level 1 trauma center and burn center within Department of Defense, as well as the Center for the Intrepid, a high-tech rehabilitation facility for outpatient care.

The uniqueness of the medical center is its ability and capacity to take care of patients from a resuscitative state through reconstructive care and then carry them through a full rehabilitation, all in the same location.

BAMC is one of only 15 hospitals in the United States that holds both Level 1 trauma certification and accreditation from the American Burn Association.

Forty beds are devoted to the Army Institute of Surgical Research, which operates the Army Burn Center, the only one in the Department of Defense.

The 2005 Base Realignment and Closure implementation at BAMC and Wilford Hall Medical Center at Lackland Air Force base will culminate in a premier regional health care system for patients. The realignment of inpatient services and related specialty care from WHMC will enhance care available to BAMC patients.

As the only DoD Level I trauma center, BAMC will continue to be responsible for research, professional and community education, prevention, consultative communi-



Courtesy illustration

Once construction and renovation concludes in 2011, BAMC will consist of 425 inpatient beds, 33 operating rooms for inpatient and ambulatory surgery, and an expanded emergency department. In addition, BAMC will host state-of-the-art labor and delivery suites, neonatal and pediatric intensive care units, and a bone marrow transplant unit. Centers of Excellence in Battlefield Health and Trauma and Cardiovascular Care will also serve beneficiaries.

ty outreach services and programs statewide.

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The Joint Center of Excellence for Battlefield Health and Trauma Research

Institute was also added in the realignment and integration of BRAC at BAMC. This facility will bring all branches of military services to work together with the U.S. Army Institute of Surgical Research, providing a powerful platform for excellence in battlefield health.

Current research efforts include hemorrhage control, pain management, limb salvage and regenerative medicine, all striving to improve battlefield survival and the quality of life for all service members.

The medical center has cared for more than 4,326 patients including Soldiers, Marines, Sailors and Airmen injured in Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn. At the same time, BAMC has deployed more than 1,545 assigned Soldiers in support of OIF, OEF and OND.

Since initiation of U.S. military operations in Iraq, the USAISR Burn Flight Team has completed more than 89 overseas flight missions, transporting more than 350 burn and trauma casualties from Landstuhl Regional

Medical Center in Germany to BAMC for care.

The BAMC Burn Center has treated more than 800 military personnel injured in overseas contingency operations in Iraq and Afghanistan since March 2003. In an effort to meet the increasing patient care requirements related to burn casualties, a second burn intensive care unit was opened in December 2004.

In January of 2005, BAMC opened the Department of Defense's second center for amputee care. To date, providers at BAMC have cared for more than 283 service members who have sustained traumatic amputation.

The Center for the Intrepid, a multi-million dollar state-of-the-art out-patient rehabilitation center, opened its doors Jan. 29, 2007.

This world-class facility was conceived by the Intrepid Fallen Heroes Fund and was built by donations from more than 600,000 Americans.

The facility includes clinical, research, administrative space, a gait lab, a computer

assisted rehabilitation environment, a swimming pool, an indoor running track, a two-story climbing wall, and a prosthetic fabrication lab.

CFI physical therapists provide evaluation, diagnosis, treatment, and rehabilitation for patients who have sustained trauma and or illness. Occupational therapy focuses on restoring health and function following injury or illness. Treatment activities are designed to enable patients to successfully perform occupational tasks and activities of daily living like bathing, shopping, cooking, writing, performing household chores and everything needed to function on a day-to-day basis.

Opened at the same time and adjacent to the CFI, two new Fisher Houses were introduced to provide warriors and their Families a home away from home and allow them to be close to a loved one during hospitalization for an illness, disease or injury.

BAMC currently has four Fisher Houses located within walking distance of the hospital.

BAMC staff members are dedicated and committed to providing the highest quality of care and services to all patients in an environment that fosters dignity, respect and professionalism.

Some of the services offered to patients include: free valet parking, interactive computer kiosks throughout the hospital, a new open visitation policy and beepers issued to families waiting for their loved ones who are in surgery.

The interactive computer kiosks allow patients to voice opinions on service received at BAMC. The feedback provided will not only offer immediate response for BAMC staff, but the user may also use the kiosk to update information on Defense Enrollment Eligibility Reporting System (DEERS), make appointments using TRICARE Online, receive information about other clinics and use of the BAMC directory.

BAMC officials recently implemented patient open visitation guidelines for Families and visitors of all inpatients. This policy allows



Courtesy photo

The Center for the Intrepid includes clinical, research, administrative space, a gait lab, a computer assisted rehabilitation environment, a swimming pool, an indoor running track, a two-story climbing wall and a prosthetic fabrication lab.



Courtesy photo

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Families to work with the nursing staff to optimize their visits by fostering the safest environment possible and to have more flexible time regarding their visiting hours.

BAMC operates 58 outpatient specialty clinics, recording a million patient visits each year. The hospital sustains over 60 accredited educational programs, including 38 graduate medical education programs, eight nursing programs, 18 enlisted allied health and medic phase II training programs along with additional programs in administration and allied health specialties.

BAMC and the ISR staff members consist of officers, enlisted, civilians and contractors totaling more than 5,400 employees in the medical center.

The fully integrated collaboration of physicians, nurses, therapists, scientists and support staff of BAMC and WHMC, and the BHT will bring the cutting edge of medical care and a catalyst to lead the way for advanced care for wounded warriors, service members, Families, civilians and veteran patients.

Flu vaccines available starting Nov. 5

Military members, Department of Defense civilians and TRICARE beneficiaries can start getting flu vaccines Nov. 5 at the Army Community Service, Building 2797.

All Army Medical Command Center & School cadre and staff will receive their vaccines at the ACS, while Soldiers in Initial Military Training have been scheduled separately through the 32nd

Medical Brigade.

The flu is a contagious respiratory illness caused by various strains of influenza viruses. It can cause mild to severe illness, and at times, can lead to death.

According to the Centers for Disease Control and Prevention, each year in the United States 5% to 20% of the population gets the flu, more than 200,000 people are hospitalized due to flu complications,

and about 36,000 die from flu.

Some people, such as older adults, young children, and people with certain health conditions, are at high risk for serious flu complications.

The flu is different from a cold. Influenza usually comes on suddenly and may include these symptoms: fever, headache, tiredness (can

be extreme), dry cough, sore throat, nasal congestion and body aches. These symptoms are usually referred to as "flu-like symptoms."

The schedule for receiving the flu vaccine is listed below by date and time. Both FluMist (nasal) and injectable flu vaccine should be available.

Nov. 5: 7:30 a.m.-4 p.m., 18 years and up
 Nov. 10: 7:30 a.m.-4 p.m., 18 years and up
 Nov. 12 (training holiday): 7:30 a.m.-4 p.m., 18 years and up
 Nov. 15: 7:30 a.m.-4 p.m., 18 years and up
 Nov. 17: 7:30 a.m.-4 p.m., 5 years and up
 Nov. 18: 7:30 a.m.-4 p.m., 18 years and up
 Nov. 23: 7:30 a.m.-4 p.m., 18 years and up
 Nov. 24: 7:30 a.m.-4 p.m., 18 years and up
 Nov. 29: 7:30 a.m.-4 p.m., 18 years and up
 Nov. 30: 7:30 a.m.-4 p.m., 5 years and up
 Dec. 7: 7:30 a.m.-4 p.m., 5 years and up
 Dec. 9: 7:30 a.m.-4 p.m., 18 years and up
 Dec. 10: 7:30 a.m.-4 p.m., 18 years and up
 Dec. 13: 7:30 a.m.-4 p.m., 18 years and up
 Dec. 15: 7:30 a.m.-4 p.m., 18 years and up
 Dec. 16: 7:30 a.m.-4 p.m., 18 years and up
 Dec. 17: 7:30 a.m.-4 p.m., 18 years and up

Flu Vaccines Available



Photo courtesy Bethesda Naval Hospital

Legal assistance office now at new location

The Fort Sam Houston Legal Assistance Office has moved to 2272 Rattlesnake, Temporary Building 2, located off of Wilson Street, near the current headquarters of the 502nd Air Base Wing.

Under Base Realignment and Closure 2005 guidelines, the legal assistance mission is now the responsibility of the U.S. Air Force and most legal services will be provided at this new location.

The exception is adverse actions, which will continue to be provided at Building 134 on Stanley Road. The adverse actions phone number is 221-2282/2353.

Legal assistance

hours are from 8 a.m. to 4 p.m. Monday through Friday. Notary services and powers of attorney are provided daily without an appointment. For tax services and other legal matters, appointments are available Mondays, Wednesdays and Fridays by calling 808-0169.

Walk-ins will be taken on Tuesday for all eligible clients and Thursday for active duty military only. Clients that sign in between 8:30 and 10:30 a.m. will be seen by an attorney that day.

Wills are available by appointment only, with the exception of active duty service members.

For more information, call 808-0169.

HAUNTED HOUSE



Photo by Demice H. Perry

Child, Youth & School Services will host a haunted house Oct. 29 and 30 from 6-10 p.m. at the Youth Center, Building 1630A on Watkins Road. For children under 6 years old and for those who like things a little less spooky, there will be a Casper's Fun House. Cost is \$3/adults, \$2 for/ children ages 6-18 and \$1/children 6 and under. Volunteers are needed for set up, room design and character roles. Call 221-3502.

Campbell Memorial Library hosts 'Our Heroes' Tree'

Esther B. Campbell Gates places photos of her son, Spc. Keith A. Campbell, and late husband, Brig. Gen. M.E. "Ink" Gates on the "Our Heroes Tree."

Photo by
Dimice H.
Perry



By Dimice H. Perry
Family & MWR

The Keith A. Campbell Memorial Library is hosting the "Our Heroes' Tree" through Nov. 16 to promote and enhance awareness of the service and sacrifice of members of the U.S. military and their Families.

This is the second year the library has participated in the program created by Stephanie Pickup, author of "The Soldiers' Tree," and Marlene Lee, author of "The Hero in My Pocket." It was creat-

ed to bring awareness to the needs of service members and their Families, as well as reaching out to veterans.

The Military Family Research Institute at Purdue University began working with this community outreach program by partnering with libraries in Indiana, as well as military libraries around the world with the goal to engage the military and civilian communities and foster support and involvement.

Esther B. Campbell Gates, mother of Spc.

Keith A. Campbell, for whom the library is dedicated, hung the first photos to kick off the Our Heroes' Tree opening ceremony Oct. 12. She hung two small ornaments, one with her son's photo and one with her late husband, Brig. Gen. M.E. (Ink) Gates.

Susan Artiglia, a librarian at the library, also shared photos and stories of her father who served in World War II and her grandfather, who served in World War I.

At the ceremony, Maj. Jeffrey Clark, an Army nurse attending the Certified Registered Nurse Anesthetists pro-

gram at Fort Sam Houston, stood up and recited, from memory, the Silver Star citation given to his father, James T. Clark, who served as an infantryman during the Korean War.

He spoke of his father's heroism by providing first aid to many injured Soldiers and withstanding a 72-hour artillery volley with the North Koreans.

Unfortunately, not every heroic act receives such commendations. It was his father's heroism that motivated him to serve his country for the last 24 years, not only as

See CAMPBELL P20



Announcements

AT&T Championship

The AT&T Championship at Oak Hill Country Club is being held through Oct. 31 and is free to everyone. Pick up complimentary tickets in advance at the Sam Houston Community Center, Building 1395, Chaffee Road. There is a Military VIP tent at the event where active-duty and retired military members will receive free lunch and beverages. You must show your DoD I.D. card to gain entrance to the VIP tent.

Heroes' Tree Celebration

The Keith A. Campbell Memorial Library is hosting a Heroes' Tree Celebration through Nov. 16 to recognize the significance of the selfless service of all service members. Participants may place an ornament on the tree or bring a photo with a brief story on their hero. Photos cannot be larger than 3 x 3 inches. Call 221-4387.

Single Soldiers Survey

The Better Opportunities for Single Soldiers program would like to

know your thoughts on how to improve your quality of life, give back to the community and provide the best recreation and leisure activities. Log onto <http://www.boss.armymwr.com> and share your thoughts. Survey closes Nov. 30.

CY&SS Haunted House

Child, Youth & School Services will host a haunted house Oct. 29 and 30 from 6-10 p.m. at the Youth Center, Building 1630A on Watkins Road. For children under 6 years old and for those who like things a little less spooky, there will be a Casper's Fun House. Cost is \$3/adults, \$2 for children ages 6-18 and \$1/children 6 and under. Volunteers are needed for set up, room design and character roles. Call 221-3502.

Microsoft Office

Oct. 28 – PowerPoint Level 2
Nov. 2 – Excel Level 1
Nov. 3 – Access Level 1

Movie Nights

Oct. 29 - "The Tooth Fairy," post flagpole

Oct. 30 - "How to Train Your Dragon," Dodd Field

Movie begins around 8 p.m., admission, popcorn, candy and snow cones are free. In case of inclement weather, movies will be shown at ACS, Building 2797. Call 221-2418/2705.

Nov. 4 – Access Level 2
Nov. 9 – Excel Level 2
Nov. 10 – PowerPoint Level 1
Nov. 11 – Veteran's Day, no class
Nov. 16 – Excel Level 3
Nov. 17 – PowerPoint Level 2
Nov. 18 – Word Level 1
Nov. 23 – Introduction to Computers
Nov. 30 – Word Level 2
Classes are held 8 a.m.-noon at Army Community Service, Building 2797.

Registration is required. Call 221-2518/2705.

"Legends of the Golden Oldies"

Every Thursday, Friday and Saturday through Nov. 6 at Harlequin Dinner Theater. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$/civilians, \$30/military, \$26/students and \$16.50/children 12 and under. Call 222-9694.

2010 Army Photo Contest

If you're a Family and MWR patron and would like to enter some of your favorite photos, submit your entries now by visiting <http://www.arts.armymwr.com>. Deadline for submissions is Nov. 30. Cash prizes will be awarded for the top three photos.

Army Kids Study Strong

The U.S. Army is offering free resources and tutoring for children of active, wounded, reserve component, National Guard and Army civil-

ians. Visit <http://www.tutor.com> for real-time 24/7 help in math, English, science, history, book reports, SAT, ACT and more.

Survivor Outreach Services

SOS ensures surviving Family members are connected with local support services that include but are not limited to grief counseling, support groups and social events. The SOS staff will assist survivors with understanding and applying for benefits; investing, estate planning; long term life skills education and support for as long as they desire. Call 221-1841.

Calendar of Events

OCT. 28 Trails and Tales

The tour is 9 a.m.-1 p.m. leaving from ACS, Building 2797. Experience ghost haunts to high tech centers as we drive by and visit historic post sites. This tour is free and open only to DoD I.D. cardholders. Call 221-1372.

Mandatory Initial First Term Financial Readiness

The class is 10 a.m.-noon at ACS, Building 2797. Call 221-1612.

OCT. 29 English as a Second Language

The class is 5-8 p.m. at ACS, Building 2797, use back entrance. To register, call 221-1681/9698.

NOV. 1 Unit Family Readiness

The training is 10-11 a.m. at ACS, Building 2797. To register, call 221-1829/2705.

Bank Account Management

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

Nov. 2 Virtual Family Readiness Group Training

The training is 9-11 a.m. at ACS, Building 2797. To register, call 221-1829/2705.

FRG Leader's Forum

The forum is 11:30 a.m.-1 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

Negotiating Conflict

The class is 11 a.m.-1 p.m. at ACS, Building 2797. To register, call 221-9425/0349.

Baby Talk

The group meets 1-2:30 p.m. at Dodd Field Chapel. Call 221-0349/0655.

Nov. 3 Rear Detachment Training

The training is 8 a.m.-5 p.m. at ACS, Building 2797. To register, call 221-1829/2705 or e-mail acs.mob.deploy@conus.army.mil.

Bringing Baby Home

The class is 9 a.m.-12:30 p.m. at the Red Cross, Building 2650. To

register, call 221-0349.

ScreamFree Parenting

The class is 11 a.m.-1 p.m. at the San Antonio Credit Union, conference room. This four-part series compels you to focus on yourself and calm yourself down, revolutionizing your relationships in the process. To register, call 221-0349.

Mandatory Initial First Term Financial Readiness

The class begins at noon at the Education Center, Building 2248. To register, call 221-1612.

EFMP Support Group

The group meets 6-7:30 p.m. at the School Age Services, Building 1705. To register, call 221-2604.

NOV. 4 General Resume Writing

The class is 8:30 a.m.-noon at ACS, Building 2797.

Women Encouraging Women

"How to be Scream Free in Your Relationships" will be discussed noon-1 p.m. at ACS, Building 2797.

NOV. 6 Post-wide Yard Sale and Flea Market

The sale is 7 a.m.-1 p.m. Yard sale participants will sell from their homes, Flea Market participants will sell at the Command Pavilion. To register, call 221-5224.

CAMPBELL from P18

an Army nurse for the last five years, but also as an enlisted Marine, Marine officer and Navy officer.

"There are so many anonymous heroes that don't receive recognition, and my hat goes off to anyone who wears the uniform," Clark said. "The Heroes' Tree is a great idea."

The library invites the community to visit the library through Nov. 16 to create a handmade ornament honoring service members in their Families or community. The library has ornament templates or people can bring your own. Photos should be no more than 3-by-3 inches.

There will be a closing ceremony at 2:30 p.m. Nov. 16 for anyone interested in sharing their stories or who have participated by hanging ornaments.

For more information, call 221-4702 or visit <http://www.FortSamHoustonMWR.com>.

Cole students know the 'R.O.A.P.S.'

By Robert Hoffmann
Cole JROTC teacher

Robert G. Cole Middle and High School have, for the past six years, used proactive and positive school-wide plans to support students.

R.O.A.P.S. represents concepts of value in the school and include being **respectful**, being **on time**, remaining **accountable** for their actions, being **prepared**, and being **safe**.

"Using effective behavior management and motivation practices support all students," said Isabell Clayton, Robert G. Cole principal. "R.O.A.P.S. has contributed to the spirit of community and teamwork prevalent at Cole."

Benefits of the Positive Behavior Interventions Support program include the reduction of unnecessary disciplinary refer-

als, increased staff coordination and consistency, enhanced school safety, and increased positive interactions between staff and students.

Middle school students are recognized for their efforts in a variety of ways to include being the first in the lunch line, the most popular motivation.

Two students recognized early in the year for their efforts were Vanessa Foster and Melissa Medellin.

Foster was observed helping Medellin clean and organize her locker after school.

"Having a locker organized means you can get your stuff for class

easier. You will be more prepared and get to class on time," Foster said.

"These acts of social interest help create a harmonious environment in which to work and learn," said sixth grade teacher Chanda Burch.



Courtesy Photo

Vanessa Foster (left) helps Melissa Medellin organize her school locker for a smoother school year.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES NOV. 1-6

Fort Sam Houston Elementary School

Nov. 2

Student Council meeting, 3-4:30 p.m.

Nov. 4

Cougar Connections: Get Your Family Fit with Fitness Grams with Ann Boelens for all grades, 11:30 a.m.-noon

Robert G. Cole Middle and High School

Nov. 1

Cole fall play tech rehearsal, 4-7 p.m.

Nov. 2

Cole fall play tech rehearsal, 4-7 p.m.

Nov. 3

Cross Country District meet at Seguin Starcke Park, 10 a.m.
Fall play dinner theater performance "The Big Bad Musical" in high school mall, dinner at 6 p.m., play 7-9 p.m.

Nov. 4

JV/V Girls Scrimmage Basketball vs. Kennedy High School at Cole, 5:30 and 7 p.m.

JV Football at Jourdanton, 6 p.m.

Fall play dinner theater performance "The Big Bad Musical" in high school mall, dinner at 6 p.m., play 7-9 p.m.

Nov. 5

Pep rally schedule

Cole eighth grade ReadStep Test, 8:30 a.m.

Varsity Football vs. Jourdanton at Cole, 7:30 p.m.

Nov. 6

JROTC Turkey Shoot at Rifle Range, 10 a.m.-2 p.m.

Cross Country Regional Meet at Brooks City Base, TBA

JV/V Girls Scrimmage Basketball vs. Jefferson High School at Cole, 12:30 and 2 p.m.

Fall play dinner theater performance "The Big Bad Musical" in high school mall, dinner at 6 p.m., play 7-9 p.m.

AUSA Luncheon

The Association of the United States Army Alamo Chapter will host a luncheon Nov. 5, 11:30 a.m. at the Sam Houston Club. The guest speaker is Nelson M. Ford, former Under Secretary of the Army. Tickets are \$13. Visit <http://www.alamochapterausa.org>.

AirFest 2010

AirFest 2010 will be held Nov. 6-7, 9 a.m.-5 p.m. at Lackland Air Force Base. Visit <http://www.lackland.af.mil/airshow/index.asp>.

U.S. Military Veterans Parade & Wreath Laying

Event includes a drill team competition Nov. 6, 8:15 a.m. at Alamo Plaza; wreath laying ceremony 10:30 a.m. at the Alamo; and the parade begins at noon.

"Salute to Service" Concert

The San Antonio Symphony will host a concert Nov. 7 at 7 p.m.



at the Tobin Center for the Performing Arts, formerly Municipal Auditorium. Visit <http://www.sasymphony.org>.

Veterans Day Ceremonies

The Fort Sam Houston National Cemetery will hold a ceremony Nov. 11 at 9:30 a.m. Enjoy a "Musical Salute to the Veterans."

Bexar County Buffalo Soldiers Commemorative Ceremony

The Bexar County Buffalo Soldiers will hold a ceremony Nov. 11 at 1:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo Street. Visit <http://www.bexarcountybuffalosoldiers.com>.

All events are free and open to the public; except AUSA luncheon, tickets are \$13. For more information, visit <http://www.sachamber.org> or call 229-2163.



COMMUNITY

Announcements

ASMC Scholarship Award

American Society of Military Comptrollers Alamo City Chapter will participate in the Bexar County Scholarship Clearing House to award two \$500 scholarships to eligible high school seniors. Students must be in the top 25 percent of their class, be a dependent of an active or retired DoD employee and plan to pursue a degree in a financial management discipline. Applications are available from the student's high school counselor. The deadline is Nov. 15. Call 659-6242.

CID Seeks Special Agents

The U.S. Army Criminal Investigation Command is actively recruiting Soldiers who are interested in careers as federal law enforcement officers. To apply, contact your local CID office or visit <http://www.cid.army.mil>.

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled

"Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients," even if you have not been a candidate for weight loss surgery before. Military medical beneficiaries, age 18 to 65 with Type 2 diabetes are eligible to participate. Active duty military members are unable to participate. For more information, call the Wilford Hall Medical Center Bariatric Clinic at 292-2210.

Lose Something?

All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or visit Fort Sam Houston Police Desk, Building 2244.

Calendar of Events

OCT. 29

Drive-Thru Flu Shot Clinic

The Kerrville Campus of the South Texas Veterans Health Care System will sponsor a "Drive-Thru Flu Shot Clinic" 8:30 a.m.-3:30 p.m. on the grounds of the Kerrville VA facility. This clinic is open to all enrolled, eligible veterans. Family members are encouraged to obtain flu shots from their private physicians or community pharmacies. Please enter the facility through the main entrance on Highway 27 and follow the directional signs.

OCT. 30

Suicide Prevention Walk

An Out of the Darkness Community Walk will be held at Eisenhower Park, 19399 N.W. Military Highway. There will be a program beginning at 9 a.m. followed by a three-mile walk at 10 a.m. Register online at <http://www.out-ofthedarkness.org>.

Heritage Museum's 3rd Annual Show & Tell

The event is 10 a.m.-4 p.m. at the actual Paleo Indian Archeological Site, 2015 Stockdale Highway, in Seguin. The Southern Texas Archeology Association will be on site excavating and giving demonstrations. The Seguin Heritage Museum, 114 N. River St., will be open 11 a.m.-4 p.m. for a special viewing of the artifacts recovered from the site. Admission to the museum is free. Call 830-372-0965.

Wurstfest Walk

The New Braunfels Marsch-und Wandergruppe volksmarch club will host a 5k and 10k walk starting at the Schlitterbahn Water Park Employee Café, 100 W. North St., New Braunfels, in conjunction with the Wurstfest, Oct. 30-31. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 830-226-7035.

NOV. 2

CBRN Course

The Chemical, Biological, Radiological/Nuclear course will be conducted at the AMSUS 116th annual meeting Nov. 2-4 at the Phoenix Convention Center, Room 127C, 100 North Third Street, Phoenix, Ariz. This course is an abbreviated version of a five-day course offered at the U.S. Army Medical Research Institute of Chemical Defense at the Edgewood Area of Aberdeen Proving Ground in Maryland. Military and civilian health care providers, hospital administrators, and municipal disaster-response elements should find this course particularly relevant.

To register, visit https://ccc.apgea.army.mil/courses/In_house/amsus_Reg_form.pdf. For more information, call DSN 584-2230/3393 or 410-436-2230/3393.

AFCEA Cyber Security Symposium

Armed Forces Communications and Electronics Association Cyber Security Symposium will be held Nov. 2-5 at the Hyatt Hill Country Resort. Symposium attendance by DoD and U.S. Government employees is complimentary. Registration required, visit <http://www.alamoafcea.org/>.



REMINDER CALENDAR

Oct. 28	Consolidated Monthly Retirement Ceremony, 9 a.m., FSH Quadrangle
Oct. 29	Movie Night, "The Tooth Fairy," 8 p.m., post flagpole
Oct. 29-30	Child, Youth & School Services Haunted House, 6-10 p.m., Youth Center
Oct. 30	Movie Night, "How to Train Your Dragon," 8 p.m., Dodd Field
Oct. 30	Combat Medic Run, 7:30 a.m., MacArthur Parade Field
Oct. 31	Halloween
Oct. 31	Spooky Story Time, 2 p.m., Keith A. Campbell Library
Nov. 5	Warriors Monthly Scramble Golf Tournament, 12:30 p.m., FSH Golf Club
Nov. 6	Post-wide Yard Sale and Flea Market, 7 a.m.-1 p.m.
Nov. 6	Retiree Appreciation Day, 8 a.m.-noon, Blesse Auditorium
Nov. 6	Wreath Laying at 10:30 a.m. at the Alamo and Veterans Parade at noon



NOV. 3-5

Tech & Intel Career Fairs

San Antonio Military Defense Tech & Intel Career Fairs will be held Nov. 3 at the Sam Houston Community Center; Nov. 4 at Randolph Officer's Club; and Nov. 5 at Kisling Community Center, Lackland Air Force Base. The three

events are from 10 a.m.-2 p.m. Open to military I.D. and Common Access Card holders. Active federal security clearance is preferred. Visit <http://www.TransitionCareers.com>.

See **COMMUNITY P22**

Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends & holidays 8-9:30 a.m.

Friday – Oct. 29

Lunch – 11 a.m. to 1 p.m.

Meat loaf, barbecued spareribs,
fried catfish, mashed potatoes,
macaroni and cheese, cauliflower
combo, pinto beans, turnip greens
Dinner – 5 to 7 p.m.

Yankee pot roast, baked kielbasa
sausages, Creole shrimp, broccoli
quiche, parsley-buttered red pota-
toes, steamed rice, baked parmesan
tomatoes halves, yellow squash,
green beans, asparagus

Saturday – Oct. 30

Lunch – noon to 1:30 p.m.

Baked ham, ginger barbecued
chicken, cheese ravioli, candied
sweet potatoes, rice pilaf, mashed
potatoes, collard greens, black-eyed
peas

Dinner – 5 to 6:30 p.m.

Barbecued roast pork, breaded veal
steaks, roast turkey, potato frittata,

paprika buttered potatoes, red
beans and rice, cornbread dressing,
green beans, creamed corn, fried
okra

Sunday – Oct. 31

Lunch – noon to 1:30 p.m.

Turkey tetrazzini, onion-lemon baked
fish, Mexican pork chops, broccoli-
rice-cheese casserole, steamed rice,
Spanish rice, oven-browned pota-
toes, spinach, fried cauliflower, corn

Dinner – 5 to 6:30 p.m.

Swiss steaks with brown gravy,
cranberry-glazed chicken breasts,
spaghetti with meat sauce, mush-
room quiche, parsley-buttered egg
noodles, mashed potatoes, zucchini
squash, carrots, broccoli

Monday – Nov. 1

Lunch – 11 a.m. to 1 p.m.

Chicken parmesan, parmesan baked
fish, Yankee pot roast, broccoli-rice-
cheese casserole, baked potatoes,
paprika-buttered potatoes, rice
pilaf, fried cauliflower, carrots,
squash

Dinner – 5 to 7 p.m.

Roast pork loin, spaghetti with meat
sauce, veal parmesan, cheese ravioli,
spaghetti noodles, oven-browned
potatoes, steamed rice, baked pota-
toes, collard greens, green beans,
cauliflower combo, fried okra

Tuesday – Nov. 2

Lunch – 11 a.m. to 1 p.m.

Beef fajitas, herb-baked chicken,
Mexican chicken, tuna and noodles,
cheese enchiladas, Spanish rice,
fried potatoes with onions, Spanish
beans, corn, Mexican corn, broccoli

Dinner – 5 to 7 p.m.

Beef enchiladas, spaghetti veg-
etable quiche, baked fish amandine,
beef stir fry, rice pilaf, refried beans,
Spanish rice, green beans, lyon-
naised green beans, asparagus,
glazed carrots

Wednesday – Nov. 3

Lunch – 11 a.m. to 1 p.m.

Vegetable stuffed peppers, chili
macaroni, baked fish, fried fish,
grilled liver and onions,
jaegerschnitzel with mushroom
gravy, mashed potatoes, German

potato pancakes, harvest brown rice
pilaf, broccoli, corn, peas and car-
rots

Dinner – 5 to 7 p.m.

Fried chicken, baked knockwursts,
baked chicken, beef and broccoli,
red beans and rice, steamed rice,
mashed potatoes, hot German pota-
to salad, broccoli, Brussels sprouts,
carrots

Thursday – Nov. 4

Lunch – 11 a.m. to 1 p.m.

Breaded veal steaks, teriyaki chick-
en, baked chicken, sweet and sour
pork, mashed potatoes, fried rice,
mixed vegetables, green beans,
Chinese fried cabbage

Dinner – 5 to 7 p.m.

Tempura fried fish, vegetable
lasagna, fish amandine, meatballs
with brown gravy, rice pilaf, mashed
potatoes, baked egg noodles and
cheese, cauliflower combo, baked
parmesan tomato halves, fried okra

*Menus are subject to change
without notice*



For Sale: Complete living room set
includes sofa, loveseat, coffee table,
two end tables and table back, \$525
obo. Call 254-319-3735.

For Sale: French doors, \$200; circa
1927 cast iron/porcelain bathroom

sink, fair condition, \$50. Call
223-2197.

For Sale: Oak computer corner
desk/hutch, printer stand and chair
for home office, \$150 obo. Call
697-9261.

For Sale: Three section covered
buffet dish, \$20; cool touch electric
griddle, 10"x20" cooking surface,
\$10; full size-sleeper, \$175. Call
653-5302.

**To place a Freebie ad, e-mail
news.leader@conus.army.mil
or fax 221-1198.**

COMMUNITY from P21

NOV. 6

Zuehl, Texas Walk

The LoneStar Walkers folks-
march club will host a 5k and 11k
walk starting at Zuehl's Hall at Rio
Cibolo Ranch in Marion. Walks start
between 8 a.m. and noon, finish by 3
p.m. Call 830-980-5723.

NOV. 11

Free Meal for Military/Veterans

Applebee's restaurants will offer
a free meal to military veterans and

active-duty military. Proof of service
is required.

NOV. 15

Free Meal for Military/Veterans

Golden Coral restaurants will
offer a free buffet meal to all mili-
tary veterans and active-duty mili-
tary 5-9 p.m. No proof is required.
Visit [http://goldencoral.com/mili-
tary/faq.asp](http://goldencoral.com/military/faq.asp).

Warrant Officer Association

The Lone Star Silver Chapter of
the U.S. Army Warrant Officer
Association will meet at 7 p.m. at



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant
11 a.m. - Collective Protestant
Jewish Services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. -
Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of
the Chapel Enrichment or Bible Study -
Mondays
12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of
the Chapel meeting - Wednesdays, child
care is provided
6:30 to 7:30 p.m. - Protestant Women of
the Chapel meeting - Thursdays, child
care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays
6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

**Church of Jesus Christ of Latter Day
Saints:**

8:30 a.m. - Sundays

NOV. 16 Spouses' Club

The Spouses' Club of the Fort
Sam Houston Area is having their
monthly luncheon at 11 a.m. at the
San Antonio Food Bank. Please RSVP
by Nov. 10 to patchburton@aol.com.

Chacho's & Chulucci's, 8614 Perrin
Beitel Rd. All active duty, retired,
reserve, National Guard warrant offi-
cers and Family members of current
or retired warrant officers are invit-
ed. Call 375-9895 or 666-9818.